



I am going to the doctor.



A note to caregivers:

This story outlines a general primary care visit. However, the steps may vary depending on your child's age and needs. Not all sections will apply to your child. You know your child best and can determine which information to share.

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Read this first and choose what information you think will be helpful. Advance warning and practice are helpful for many children. However, you may decide that a social story is not the best way to prepare your child. You know your child best, if you decide the social story provides too much information and your child would do better with a visual schedule right before their doctor visit, please feel free to use the picture schedule at the end of this book.

Some children benefit from a reward after a doctor appointment. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., "First doctor, then [insert prize here]").

If your child would benefit from distraction during the doctor visit such as watching a show (on phone or tablet) or holding a fidget, we recommend bringing items to their appointment.

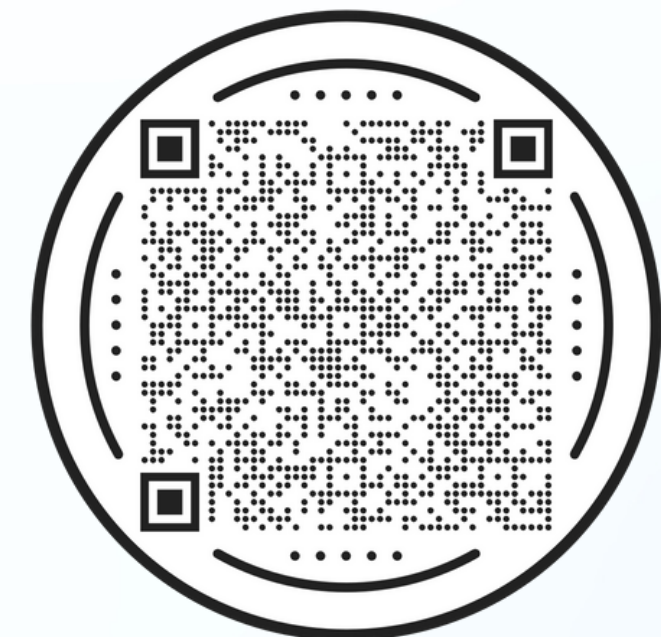
If your child is having difficulty staying still, it can be helpful to count or sing a song for the duration they need to remain still. Your child may also benefit from practicing this at home.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

We also recommend filling out the Autism Friendly Questionnaire in MyChart in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website (please scan QR code) and bring it with you to the appointment.

Sincerely,

The RCHSD Autism Friendly Health System Initiative Team



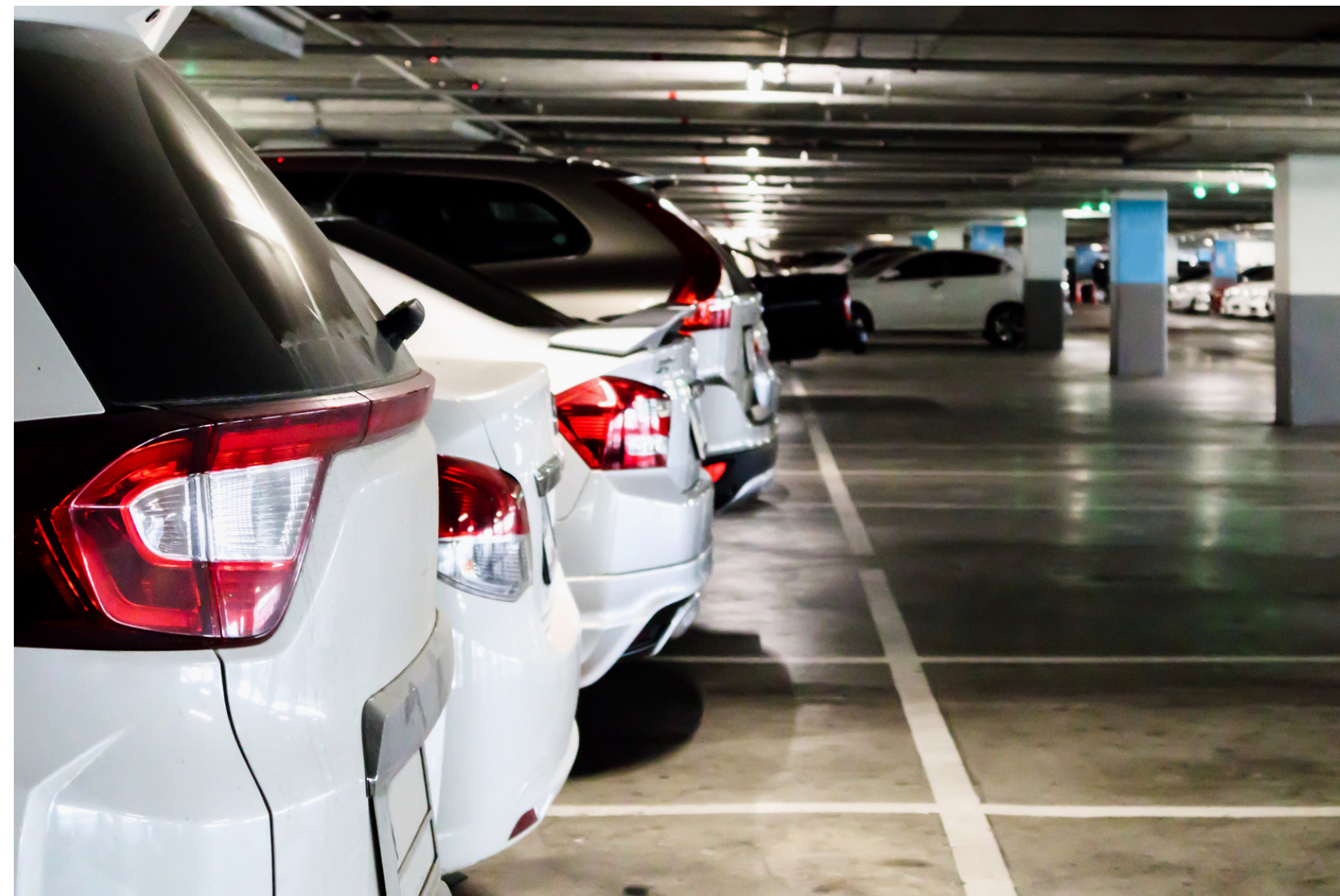
I am going to see the doctor.

**The doctor's job is to check my
body and make sure I am
healthy.**



First, we will park the car.

After we park the car, we will walk to the doctor's office.

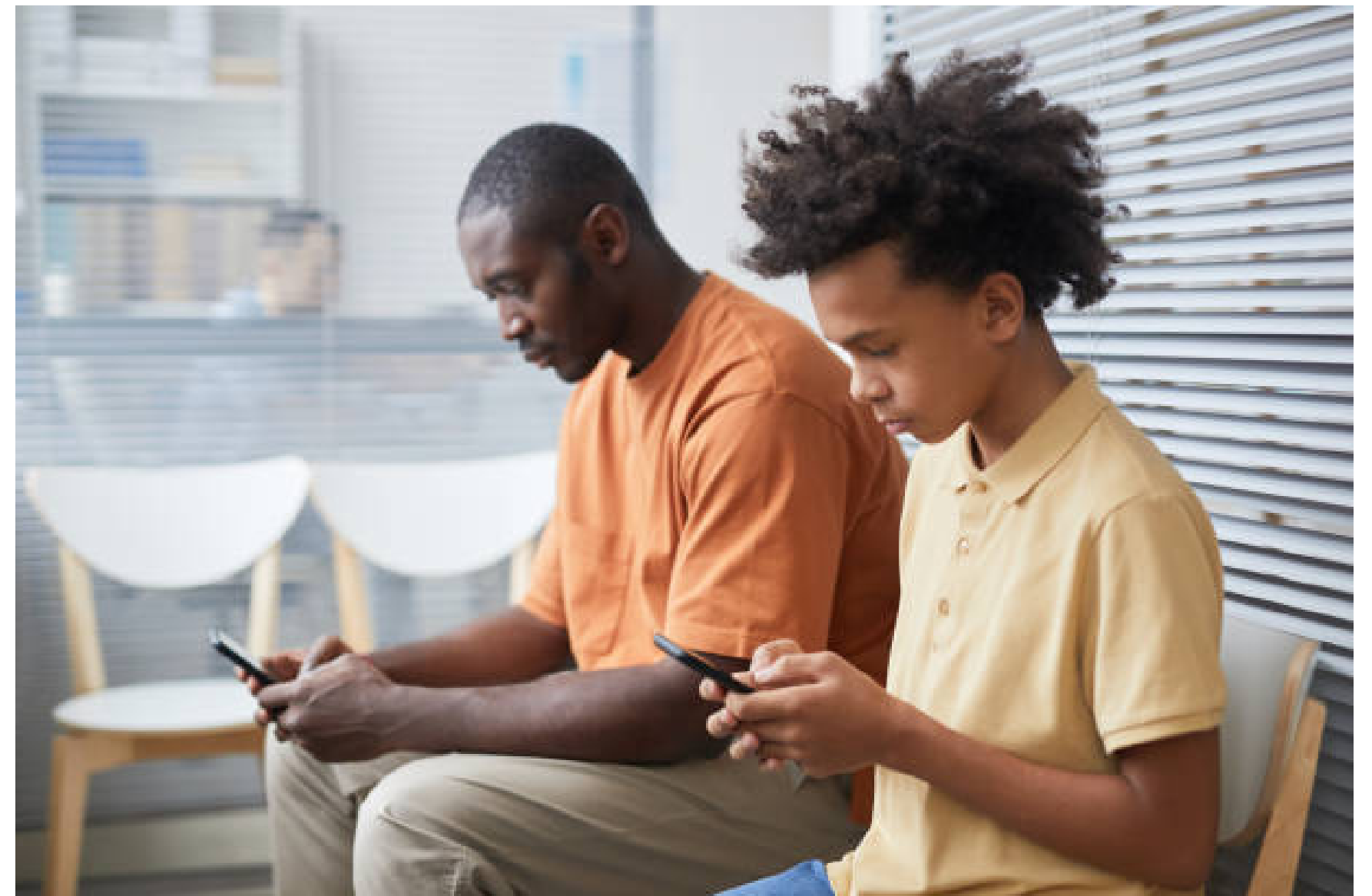


I will check-in at the front desk.



Now I will wait until my name is called. I can [insert preferred activity here] while I wait.

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait.



When my name is called, I will walk to a new room with my [caregiver].





The nurse will check:

- How tall I am
- How big I am
- Take my temperature.



Now I will wait for my doctor.
I can *[insert preferred activity here]* **while I wait.**

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait.



When my doctor arrives, they will ask me and my [caregiver] questions.



Next, the doctor will check my body to see how healthy I am.

The doctor will listen to my heart and lungs.

The doctor uses a special tool called a stethoscope. It doesn't hurt, but it might feel a little cold



Next they will look in my eyes, nose, ears, and throat with a special flashlight.

The flashlight might feel bright in my eyes. Some kids say it tickles when it touches their ears.



**I did a great job with my
doctor visit!**

**I was brave and my body was
calm!**

I am all done.

Now I can

[insert reward here].

Note to caregivers: If your child is motivated by rewards, it may be helpful to bring an item they can earn for completing their vaccine. Decide on this item ahead of time and bring it to the appointment. Give them the item immediately after completing their doctor visit!



The End

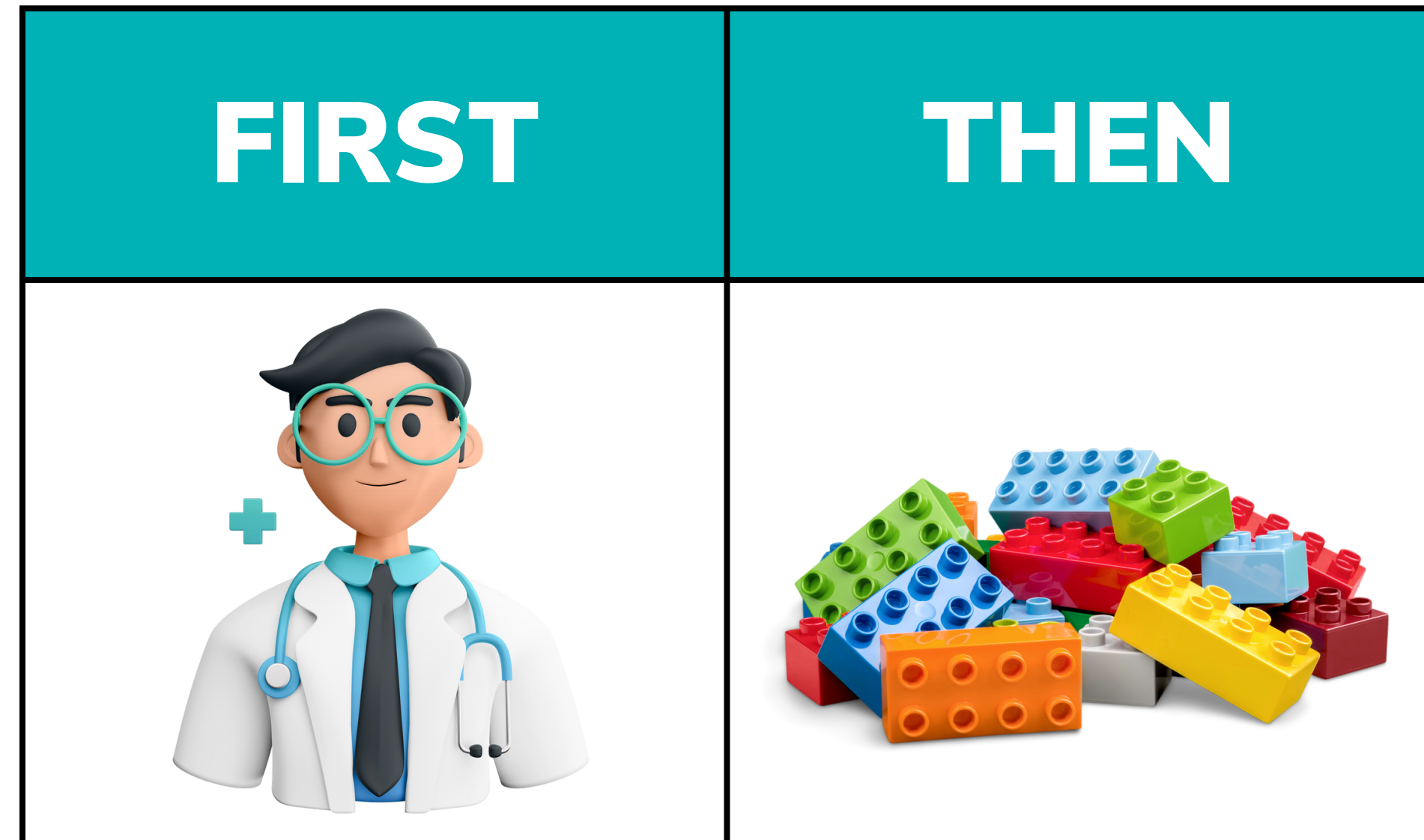
Note to caregivers: Please review the following pages for additional visual supports that can be used during your visit.



Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after their doctor visit. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

You can present this by saying, “**First doctor, then legos.**”



FIRST

THEN



“First doctor, then _____.”



Reward Chart

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

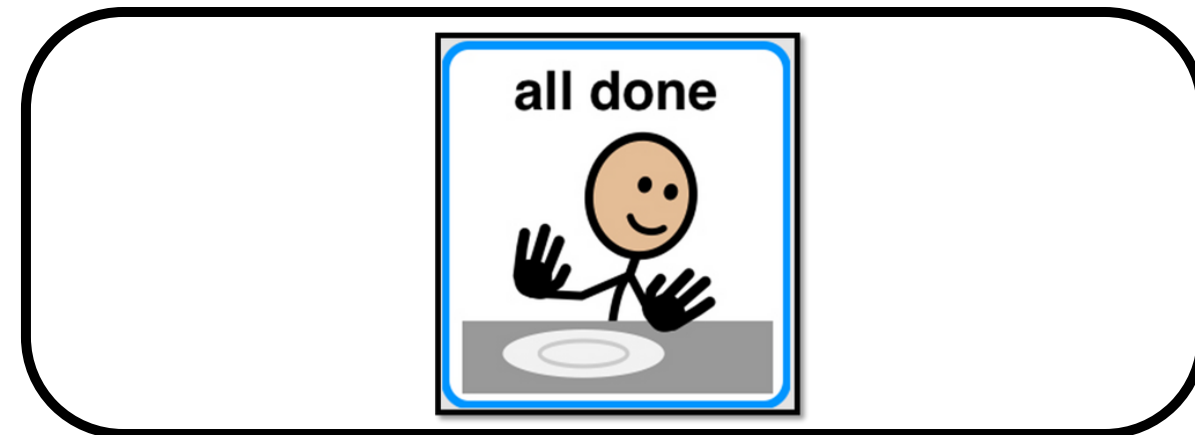
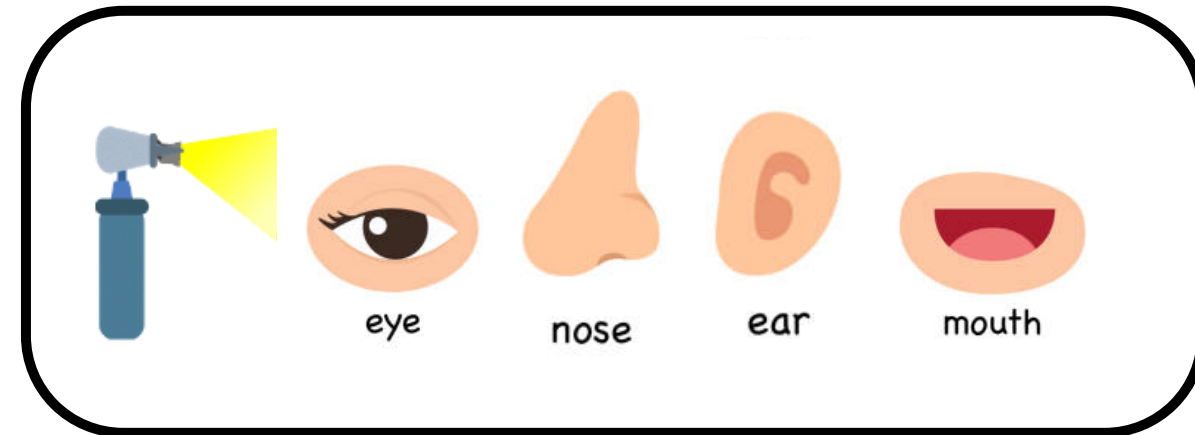
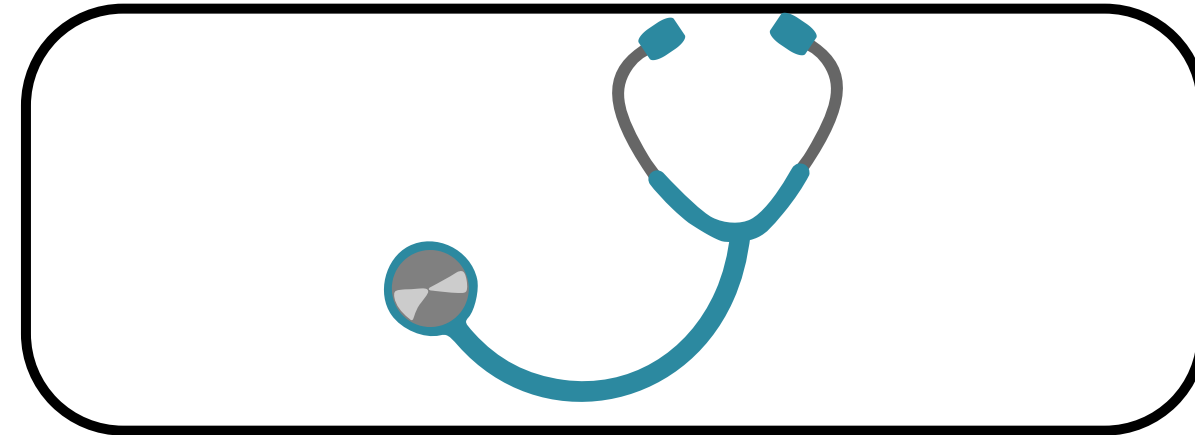
If your child benefits from the use of **visual schedules**, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

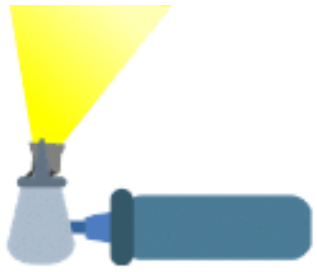
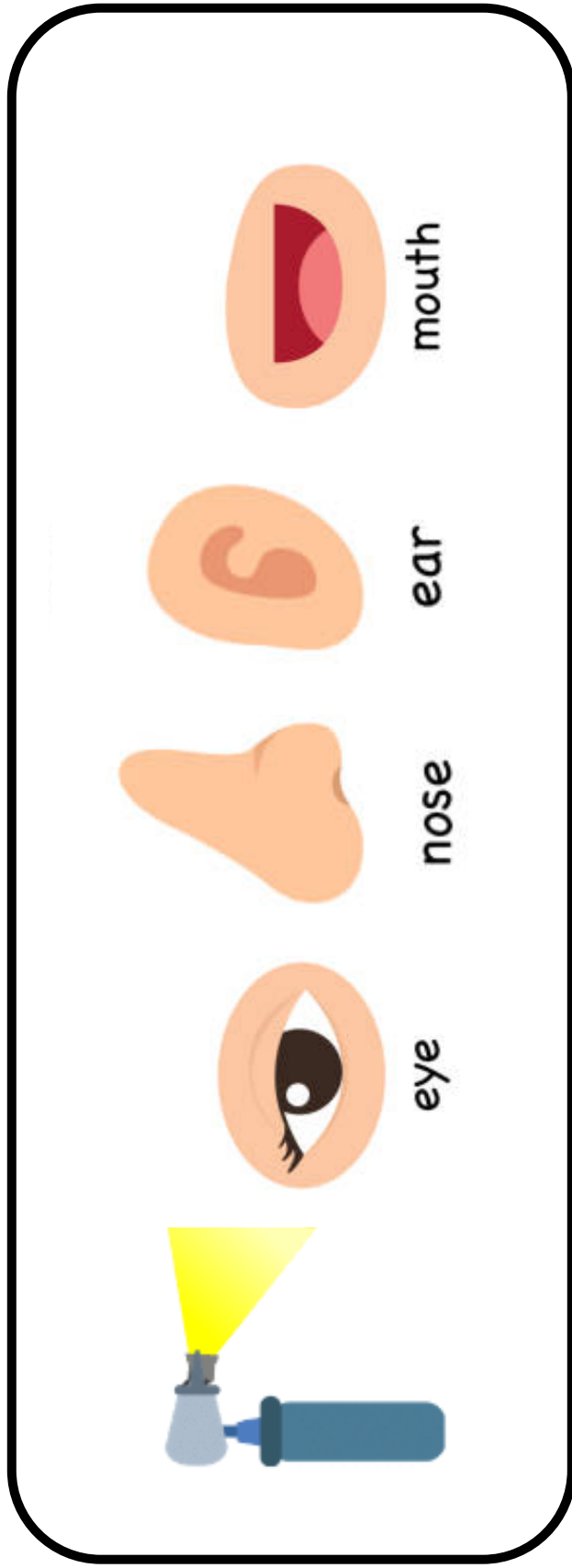
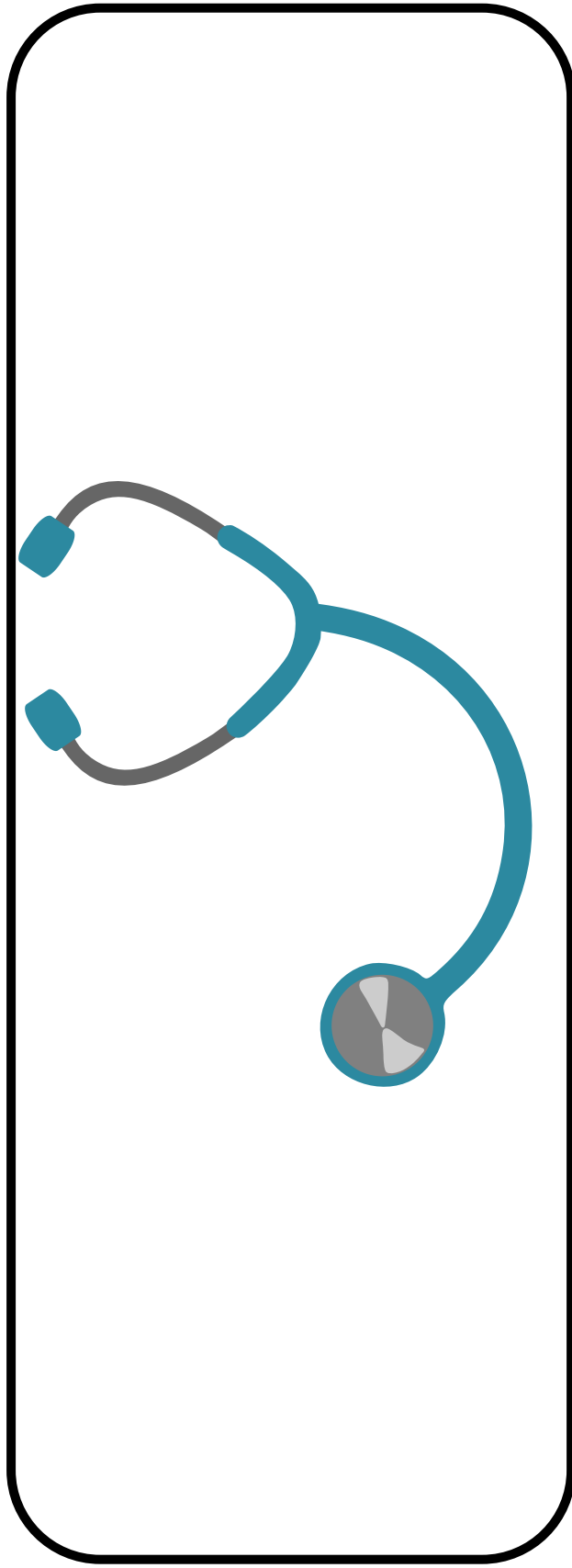
First, the nurse will check how big you are, how tall you are, and your temperature.

Next, the doctor will listen to your heart and lungs.

Next, the doctor will look at your eyes, nose, ears and inside your mouth.

Then you will be all done and can *[insert reward here]*!





eye



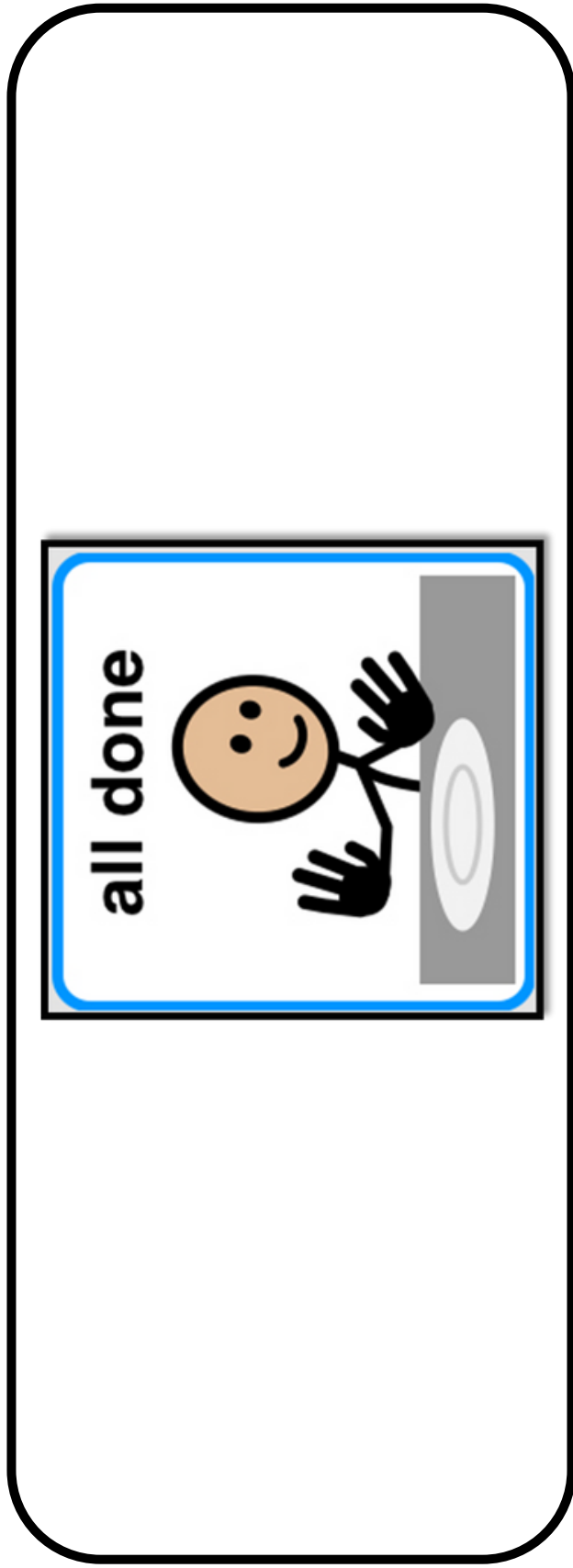
nose



ear



mouth



all done

